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9 Steps to a Happier, Healthier You

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9 Steps to a Happier Healthier You

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Also by Sharon Marquart

Living With Soulful Purpose
Working With God
Creating A Wedding Ministry

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How to Use This Book

I have included this page for those of you who like instructions. There is no right or wrong way to use this book. There is no specific time you need to spend on each step. You may choose to read the steps straight through to get an overview of the information, then, start at the beginning spending time on each step. You may choose to spend a day, a week or a month on each step moving through it intentionally. You may choose to pick up the book and randomly read a chapter trusting you are getting the information that is most needed at that time.

My purpose for writing this book is to give you **Nine Steps** that will be helpful on your journey through life. I believe that you will enjoy a **“Happier, Healthier You”** when you consciously make choices to live your best life each day. My intention is to support and encourage you along the way.

Here is my suggestion. I have designed this book to be most helpful when you begin with **Step One - Define Your Purpose**. This step will help you in setting clear intentions as you begin the journey of reclaiming your life.

I believe that life is enjoyed more fully when we have a firm foundation to build upon and live in balance of mind, body and spirit. **Step Two - You Are a Genius, Step Three - Glad to be Alive** and **Step Four - Make Room for Things of Spirit** will be the next three important steps you take on your journey.

After taking these steps and becoming more balanced and aligned, you will have more clarity when you reach **Step Five - Oh, What a Feeling**. It is so easy to become detached from what we are feeling. These first five steps are the foundation of human life.

Taking **Step Six - Developing Inner-Core Strength** will give you confidence and clarity in your internal world as you journey through life.

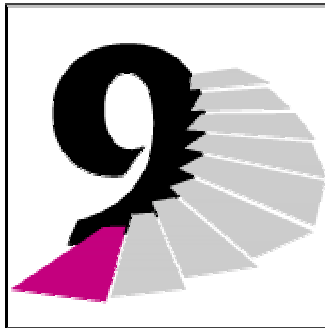
Step Seven - The Power of Accountability, Step Eight - Rewards along the Way and **Step Nine - Allow Change to Happen** will support you as you interact with the outer world.

And finally **Step Ten - An Attitude of Gratitude** will be a natural expression as you become a **Happier and Healthier You!**

Thanks for choosing **“9 Steps to a Happier, Healthier You.”**

ENJOY!

Step One



Define Your Purpose

Here is the question: “Why is it important for you to live a happier, healthier life?” I am sure your reasons are obvious and it may seem silly for me to ask this question - and yet sometimes we avoid the obvious!

There is tremendous power in affirming what we want by setting *intentions* and focusing our *attention* on creating what we **want** to experience in our lives. We have a tendency to define what we **don't** want before we declare what we **do** want. I ask the question again, “Why is it important for you to live a happy, healthy life?”

I recently taught a class entitled “One Year to Live.” In this class we focused on living fully with the realization that we are mortal beings. What the participants in the class discovered was that as they looked at the mental, emotional, spiritual and physical aspects of dying, they were more afraid of being out of control than they were of death itself.

When our *focus of living* is invested in maintaining control, we use our life's energy more for bracing ourselves against anything that may make us feel out of control than we do on living fully in the moment. Our purpose in life becomes maintaining the status quo, because of our fear of the unknown. As a result of this fear, enjoying life fully, taking risks and exploring outside the comfort zone becomes less of an option. Life takes a different direction when you let go of resisting and choose to move forward.

When you are clear on why you want to experience a happier, healthier life, the ways you show up in life are more powerful; the ways you experience life are more colorful; and the ways others experience you are more dynamic. When you define your purpose and when you define **why** you want to create a happy, healthy life, you will have a positive direction on which to focus and build.

My Personal Story About: Step One

Six years ago I was in a wonderful place in my life. My business was established and growing, I was in a committed relationship with my soul mate and together we were working on developing programs that would support our clients in healing their mind, body and spirit. In an instant, a tragic car accident changed everything. Suddenly I was left on my own. I found myself at a choice point. I could go against everything I believed in, everything I taught and sink into grief and depression, or I could rise above the devastation I felt. My soul called me higher and deeper.

Right then and there, standing at a cross roads, I made a commitment to honor the life I had been given. I committed to live a healthy and happy life. I committed to stepping forward into a future that would motivate, inspire and empower others to claim their life. I took the first step in defining my purpose.

Action Steps To: “Define Your Purpose”

Begin by making a list of why you want to live a happier, healthier life.

I choose to live a happy, healthy life because:

- I believe it is my personal responsibility to do so.
- I believe I have a Divine purpose to fulfill.
- I can appreciate everyday I am alive.
- I want to make a difference in this world.
- I have a lot of love to give.
- I am alive.
- I enjoy my children and want to give them a better life.
- I have a whole world to explore and experience.

Place this list in your daily calendar, on your bedside table or anyplace where you will see it and can commit to it first thing in the morning and last thing at night.

As you make the many choices we all face every day, remember your list, and make your life choices accordingly.

Take Step One now
Define Your Purpose
to become a happier, healthier you.

Achieve a more fulfilling, rewarding and abundant life today.

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